



# NOVEMBER 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>Other Activities</b>	1	2	3	4	5
	<b>Wattle Activities</b>	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
	Physio Pain Clinic : Mon & We	10:00 Pastoral Care	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise to Music	10:30 Tai Chi (Channel 512)
	Bus Trips : Mon, Wed & Fri	10:30 Exercise to Music	10:30 Catholic Eucharist	11:00 Jewellery	11:00 Basket Ball	11:15 Songs of Praise
	Hair Dresser : Tue - Fri	11:00 Carpet Bowls	11:00 Knitting	1:30 Bingo	1:30 Carpet Bowls	11:15 Exercise to Music
	Room Visits : Mon - Fri	1:30 Cognitive Activities	1:30 Entertainment - Grant	2:00 Afternoon Tea - Café	3:00 Saturday at the Cinema	1:30 Word Games
		2:00 Music Therapy	2:00 One on Ones	3:00 Happy Hour	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
		3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Movie (Channel 512)		
		<b>Shopping Bus Trip</b>	3:00 Movie (Channel 512)			
6	7	8	9	10	11	12
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Pet Therapy	10:15 Exercise to Music	10:30 Jewellery	10:15 Remembrance March	10:15 Exercise to Music	10:30 Exercise to Music	10:30 Yoga (Channel 512)
10:15 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	10:30 Remembrance Service	11:00 Jewellery	11:00 Balloon Tennis	11:15 Songs of Praise
11:00 Presbyterian C/Service	1:30 Melbourne Cup Raffle	11:00 Carpet Bowls	1:30 Two Up Game	1:30 Entertainment - Daniel	1:30 Bingo	11:15 Exercise to Music
11:00 Foot Spa	2:00 Music with Instruments	1:30 Cognitive Activities	2:00 One on Ones	2:00 Carpet Bowls	3:00 Movie (Channel 512)	1:30 Trivia
1:30 Word Games	3:00 Melbourne Cup race	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		3:00 Movie (Channel 512)
2:00 Afternoon Tea - Café	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
3:00 Movie (Channel 512)	<b>Melbourne Cup</b>		<b>Remembrance Day</b>			
13	14	15	16	17	18	19
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Exercise to Music	10:15 Exercise to Music	10:30 Jewellery	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise to Music	10:30 Tai Chi (Channel 512)
11:00 Foot Spa	11:00 Bingo	10:30 Exercise to Music	11:00 Welcome Morning Tea	11:00 Jewellery	11:00 Basket Ball	11:15 Songs of Praise
1:30 Word Games	1:30 Trivia	11:00 Carpet Bowls	11:00 Catholic C/ Service	1:30 Story Circle	1:30 Carpet Bowls	11:15 Exercise to Music
2:00 Dance to Music	2:00 Sing Along	1:30 Cognitive Activities	1:30 Entertainment-Keff	2:00 Afternoon Tea - Café	3:00 Saturday at the Cinema	1:30 Word Games
3:00 Movie (Channel 512)	2:45 Anglican O/L Service	2:00 Music Therapy	2:00 Bean Bag Toss	3:00 Happy Hour	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
20	21	22	23	24	25	26
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Exercise to Music	10:15 Exercise to Music	10:30 Jewellery	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise to Music	10:30 Yoga (Channel 512)
11:00 Foot Spa	11:00 Bingo	10:30 Exercise to Music	1:30 Armchair Travel	11:00 Resident Meeting	11:00 Balloon Tennis	11:15 Songs of Praise
1:30 Virtual Word Flip	1:30 Mirrabooka Choir	11:00 Carpet Bowls	1:30 Knitting	1:30 Art	1:30 Bingo	11:15 Exercise to Music
2:00 Afternoon Tea - Café	2:00 Music with Instruments	1:30 Cognitive Activity	2:00 Cooking Demo	2:00 Bean Bag Toss	3:00 Movie (Channel 512)	1:30 Trivia
3:00 Movie (Channel 512)	3:15 Anglican C/Service	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		3:00 Movie (Channel 512)
	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
27	28	29	30	 <p><b>Shopping Bus Trip</b></p>		 <p><b>Melbourne Cup</b></p>
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	 <p><b>Remembrance Day</b></p>		
10:15 Pet Therapy	10:15 Exercise to Music	10:30 Jewellery	10:15 Exercise to Music			
10:15 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	11:00 Cooking Demo			
11:00 Foot Spa	1:30 Virtual Trivia	11:00 Carpet Bowls	1:30 Entertainment-Hugh			
1:30 Word Games	2:00 Sing Along	1:30 Cognitive Activity	2:00 Carpet Bowls			
2:00 Afternoon Tea - Café	2:45 Anglican O/L Service	2:00 Music Therapy	2:45 Catholic O/L Service			
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)			